

ABSTRACT OF THE DISCLOSURE

BOARD FOR GLIDING

5 A board for gliding for downhill skiing, of "shell"-type construction, having, at least in its underfoot zone:

- a lower gliding surface composed of a sole plate bordered by metal edges;
- a topsheet substantially parallel to the lower gliding surface, on either side of the center longitudinal plane of the board;
- lateral faces extending between the metal edges and the topsheet, said lateral faces having recesses located below the plane of the topsheet and opening out in the latter;

10 15 wherein the base of the recesses forms a slope that is inclined longitudinally relative to the lower gliding surface and the topsheet.